

MOVING ON

- FROM
- SEPARATION
- AND DIVORCE

- A SIX SESSION COURSE
- Wed evenings
- 7.00pm – 9.45pm
- **11, 18, 25 May / 8, 15, 22 June**
- The Artisan Bakehouse, Tonbridge



wellsfamilymediation

“This course is the single most helpful thing I’ve done.”

“This is a very caring and professionally run course which will stand me in good stead in the future.”

WHAT IS THE COURSE ABOUT?

The course is both practical and supportive, giving anyone who has been impacted by the end of a serious relationship the opportunity to discuss the challenges they are facing and the tools to deal with these effectively. These include:

- Facing the effects of separation and divorce
- Communication and healthy boundaries
- The challenge of letting go
- The impact of breakdown on other relationships
- Meeting the children's needs
- Legal issues
- Moving forward with hope

WHAT'S INVOLVED?

Each session begins with a meal followed by a talk, with opportunities for discussion in small groups. The setting is welcoming, relaxed and unthreatening.

WHO IS IT FOR?

The course is for anyone who has been impacted by the end of a serious relationship whether separated or divorced, either recently or at any time in the past.

WHAT IS THE COST?

The course fee is £90, which includes supper each week. Bursaries are available, if needed.

HOW TO REGISTER

Please register online: www.wellsfamilymediation.co.uk
Or ring Lily on **01892 506906**

“Thank you for building up my hope, crushing some of my fears, answering numerous questions, giving lots of practical advice and bringing me out of a dark tunnel into the light.”